

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)



VANIK VOICE

September, 2018

EDITOR'S REPORT

The period between Guru Purnima and Dev Diwali is referred to as Chaturmas (four months). Traditionally in India an agricultural country this is a period of monsoon and very low activity or travel. This period is selected by our ancient Rishis to engage the people to devote their time in religious and cultural festivities and introspect on their spiritual advances.

The festivals range widely from Navratri, Janmastmi, Dassera, Laxmi Pujan Diwali, Bhai Bij to Paryushan and Kartik Purnima.

Living away from India, our organisations have maintained the traditions and this period is full of activities with many scholars and artists visiting UK and giving us the opportunity to enlighten ourselves with our rich heritage and traditions.

Let us all take advantage of these opportunities to introspect about our real purpose of life and how to enrich our lives with goodness and selfless service and engage in activities with proper understanding.

On the occasion of Paryushan, we ask forgiveness if knowingly or unknowingly we have hurt anyone. Micchami Dukkadam.

Anil Parekh

CONTENTS

Editors's Report -1

Speed dating report-2

70th Birthday of NHS celebration at Westminster-4

Organ Donation-5

Organ Donor Gitaben-6

Wisdom of Forgiveness-8

Fundamentals of Jainism -9

Event at House of Lords-10

Chairman

Mr Manharlal Mehta

General Secretary

Mahesh Gandhi

Regional Vice Chairmen

(North Region)

Mr. Nehal Mehta

(Midlands)

Mr. Rajnikant V. Shah

(Greater London)

Mr. Vijay H. Sheth

(South Region)

Mr. Virendra Bakhai

Treasurer

Mr. Jaykumar T. Shah

Deputy General Secretary

Mr. Bharat H. Mehta

Executive Committee

Members

Mrs. Bina Holden

Mr. Shashi Shah

Mr. Bharat Parekh

Mr. Kirit Batavia

Mr. Ramesh Shah

Mrs. Renu Mehta

e- News Letter :

VANIK VOICE Editor

Mr Anil Parekh

Web Editor

Bhupen Vasa

Hon. Auditors

P.S.J. Alexander & Co

Website: www.vanikcouncil.uk

Newsletter: www.vanikcouncil.uk/newsletter

Affiliated Associations

Aden Vanik Association of UK, Digamber Jain Visa Mevada Association of UK, Jain Association of UK, Jain Samaj Europe, Jain Samaj Manchester, Jain Sangh Birmingham, Jain Network, Mahavir Foundation, Navnat Vanik Association of UK, Navnat Vanik Bhagini Samaj, Navnat Youth Association, Oshwal Association of UK, Shree Jain Sangh East London & Essex, Shree Jain Sangh E. London and Essex Bhagini, Shree Navyug Jain Pragati Mandal, Shree Sidhpuria Vanik Samaj, Shrimali Soni Mandal London, Vanik Association UK, Vanik Business Group, Vanik Samaj Coventry, Vanik Samaj Leicester, Vanik Samaj of UK Brighton, Vanik Samaj Southampton, Veerayatan UK, Young Jains.

Speed Dating Event – May 2018

Vanik Council, formerly known as The National Council of Vanik associations (UK) has organised matrimonial gatherings previously known as Patra Parichaya since 1982. For some years this has taken the form of speed dating events, usually held once or twice a year. There have been many successful marriages that have started with a meeting at our speed dating events.



This year the event was held at Navnat Centre, with a record turnout of 237 participants. The aim of the event is to provide an opportunity for young Jains and Hindus to meet and find a partner. Most of the participants will meet around 50 to 75 people for approximately three minutes, grouped around similar ages. We believe three minutes is sufficient time to find out about each other and decide if they wish to meet again. If the desire is to meet again, a form is provided for completion to the candidate and we would then pass on the contact details to both candidates. This year we had to close registration for gents two weeks before closing date and many were left disappointed as they could not register.

The demand for spaces has been the highest we have seen, and we highly recommend early

registration for future events.



The age restriction for registration that we have introduced has worked extremely well, however we are now considering abolishing age restrictions at the upper limit to allow this group to also meet and hence are not left disappointed. We hope to introduce this at the next event.

This year we have enhanced the process by providing photographs of individuals when the results are sent to those that are matched. We have acted on feedback received and believe this to be very positive, however there is a cost implication and therefore have had to increase prices slightly for the next event. We continue to encourage candidates to give us feedback to allow us to enhance future events. The event concluded with a delicious lunch that was well received by all candidates.

VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live

Next Event is on Sunday 18 November 2018 11am to 4pm at Navnat Centre, Printing House Lane, Hayes, UB3 1AR. To participate in this event, please send your e mail address to speed.dating@vanikcouncil.uk We have kept the prices low and if you book before the end of August 2018 you will just pay £20, but if you delay to the last minute you will have to pay £30. No booking will be taken after 31October 2018. Please visit our website for latest information.

For more information, please contact:

Ramesh Shah 07742 045 154
Mahesh Gandhi 07801 718 293
Manhar Mehta 07775 523 233

ramesh.shah@vanikcouncil.uk ;
mahesh.gandhi@vanikcouncil.uk ;
manhar.mehta@vanikcouncil.uk



Speed Dating

Sunday 18th November 2018 11-4pm
Navnat Centre, Printing House Lane, Hayes, UB3 1AR

Register & purchase tickets online: www.tinyurl.com/vcdating18
Prices (+ fees): September - £21, October - £25

For more information, contact:
Ramesh Shah
02084228988 / 07742045154
speed.dating@vanikcouncil.uk

Open to all Hindu & Jains
Includes a vegetarian lunch
No registration on the door

Vanik Council also provides a Matrimonial Register Service, please visit
www.vanikcouncil.uk



Organised by Vanik Council UK

To register: www.tinyurl.com/vcdating18



VANIK COUNCIL (UK)

Formerly The National Council of Vanik Associations (UK)

Live and help to live



Jayman Mehta

Manhar Mehta

Shashi Shah

Bahai', Buddhist,

Simon Stevens, Chief Executive of NHS England

ORGAN DONATION CRISIS

A recent survey has revealed that a rising proportion who die in need of a transplant are from black, Asian or ethnic minority. The figures are very alarming. Almost 21% of the people who died in need of a transplant are from Black, Asian and ethnic minority compared to 15% a decade ago. 3 out of 10 people waiting for a transplant are from BAME background. These patients wait significantly longer than the white community.

CAUSES

- 1- People from BAME suffer more from diseases such as kidney and diseases.
- 2- BAME groups are poorly represented on the Organ Donation Register even though there is an increase in the last few years.
- 3- Cultural and Religious beliefs act as obstacles to donation from BAME groups.
- 4- Lack of information and communication within the community of the gravity and the challenges faced by our community.
- 5- Understanding the implication between live organ donation and carrying Donor card or opt in in Organ Donation Register.
- 6- The fear that the donor will suffer due to the donation of the organ or his/her health will deteriorate as a result of donation.



Vanik council UK has worked hard to address these challenges and have prepared leaflets, videos and arranged seminars and events to bring great awareness and guidance to those interested.

I attended one such seminar at Ekta Centre in Kingsbury and learnt a great deal about the issue. It is very reassuring a donor will be thoroughly screened for all health issues and suitability and will be given full opportunity to discuss all implications and can opt out any time if there is any doubts or apprehension.



From our religious point of view it is very clear that all selfless acts of compassion and seva are very much a core of both Hindu and Jain religion.

I had the opportunity of meeting donors who had gone through this process and recipients whose lives were saved and made a big difference in lifestyle and living a healthy life.

It is interesting to note that even a person suffering from other illness maybe eligible to donate some good organs such as a kidney.

It is indeed a very courageous and selfless act to donate one's organ to a relative, or a friend or even an unknown person. I had the privilege to meet Gitaben whose story appears in this issue.

નુતન પગદંડી

વિપત્તી પડે પણ વણસે નહી

મેરૂ રે ડગે ને જેના મન નહી ડગે રે

વંદુ એ નારીને જે પ્રભુ હરિનું પ્રમાણ રે



સુરજ ના બની શકીએ પણ દિપક બનીને પણ અજવાળુ પાથરી શકાય છે. એ જોવાનો, અનુભવવાનો એક સુંદર પ્રસંગ મને મલ્યો. વણિક કાઉન્સિલના સૌજન્યથી “લીવીંગ ઓર્ગન ડોનેશન”ની જાગૃતતા વ્યાપક કરવા માટે એક “સેમીનાર” યોજાયેલ હતો. યોગાનુયોગ આ પ્રસંગે શ્રી મનહરભાઈ મહેતા અને સન્માનિય ડોક્ટર્સ, ડોનર્સ અને રેસીપીયન્ટસને મળવાનો સુઅવસર પ્રાપ્ત થયો. જેમાં ગીતાબહેનની અનુમોદનીય ત્યાગને નજરે જોવાનો મોકો મળ્યો.

ગીતાબહેન એ દેવશીભાઈ ગોવીંદ્રજી હરણીઆના છઠ્ઠા નંબરના પુત્રી. આફ્રિકાથી પરિવાર “લંડન”માં સ્થાયી થયો. માતા શાંતાબહેન અને પિતાશ્રી દેવશીભાઈ સાતેય સંતાનોને, આસ્થાળુ તથા પરમાર્થ જીવન જીવવાનું શીખવતા. ભર્યા, પુર્યા પરિવારમાં જૈન ધર્મનો પ્રભાવ અને જીવદયા પાળવાનું નાનપણથી જ શીખવવામાં આવેલું. ગીતાબેન સેકન્ડરી સ્કુલમાં અભ્યાસ કરતા. મોટું મિત્રવર્તુળ, ધમાલ, મસ્તી, ખેલકુદ અને અભ્યાસમાં હંમેશા આગળ ગીતા ખુબ જ આજ્ઞાપાલક દીકરી, જેના પર માત્ર કુટુંબજ નહી પણ જમાનાનેય ગૌરવ થાય તેવા કાર્યો કરવા ગમતા.

ગીતાનો પરિવાર આફ્રિકાથી લંડન વસવાટ કરવા આવ્યો ત્યારે પરિવારે ઘણા સંઘર્ષોનો સામનો કર્યો. ધરન્તુ જૈનધર્મિ દેવશીભાઈએ પુરી શ્રદ્ધા તથા વિશ્વાસથી સાંસારિક જવાબદારીઓ નિભાવી. ગીતા પણ ભરતભાઈને જીવનસાથી બનાવીને પતિગૃહે આવી. પુરો મિલનસાર સ્વભાવ તથા પારકાને પોતાના બનાવવાની આવડતથી ગીતાએ સૌના દિલ જીતી લીધા. સમય વિતતો ચાલ્યો. ત્રણે બાળકોને પુરા સંસ્કાર, કેળવણી તથા પરમાર્થ જીવનશૈલીથી જીવતા શીખવ્યું. ગીતાને હજુએ ઈતર પ્રવૃત્તિ વખતની બધીજ સુંદર ચીજો યાદ હતી અને દોસ્તોને તો નિયમિત મેળ-મિલાપ, ગેટ-ટુ-ગેધર થવું. નિખાલસ વાતો, ઘર-ગૃહસ્થીની વાતો અને ખેલકુદની વાતો તથા નિર્દોષતા મુગ્ધતા અને રેસીપીની વાતો, સમય સુંદર વ્યતીત થઈ જતો.

આવીજ એક સુમધુર સાંજે બધી સહેલીઓ હળવા મિજાજમાં ગપાટાઓ હાંકી રહી હતી ત્યારે ગીતાએ “નોટીસ” કર્યું કે બહેનપણી સ્વેતલ થોડીક ગંભીર અને ખેદમાં જણાતી હતી. ગીતાએ કહ્યું “શું વાત છે સ્વેતુ? તું પરેશાન જણાય છે, પ્લીઝ મને જણાવ હું તારી કશીક મદદ કરી શકું?”

સ્વેતલે જ્યારે વાત કરવાની શરૂ કરી ત્યારે ઘણીજ ચિંતિત હતી. આંસુ અને ત્રુટક અવાજે સ્વેતલ બોલી કે ફ્રેન્ડ્ઝ મને છેલ્લા કેટલાક વખતથી મુત્રાપીડની બિમારીનું નિદાન થયું છે. મને એક એવી આનુવાંશિક બિમારી છે અને મારી બંને કીડનીઓ ખલાસ થઈ ગઈ છે. હવે માત્ર ડાયાલીસીસનો આશરો છે. અરે, અરે, ગીતાએ સહાનુભુતિથી પુછ્યું- પણ બીજો કોઈ ઉપાય ચોક્કસ પણે હોવો જોઈએ. બધીજ સહેલીઓ સ્વેતલને સાંભળવા આતુર હતી. સ્વેતલે કહ્યું કે હા બીજો ઉપાય છે પણ..... હા, હા પણ શું? ગીતાએ પુછ્યું. “જો મને કીડની

દાન મળે તો મારી લાઈફ કવોલીટી વધારે સ્વસ્થ, તંદુરસ્ત બની જાય અને પ્રભુ કૃપાએ મારા બાળકો નિરાધાર નહી થઈ જાય.

ઓ હો એ વાત છે દોસ્ત? તું ડરતી નહી સ્વેત, હું તને મારી કીડની આપીશ. મારી તબીયત સારી છે અને મારે વંશ પરંપરાગત બિમારીની કોઈજ હીસ્ટ્રી નથી. જ્યારે પણ મારી જરૂર હોય ત્યારે તારી આ દોસ્ત હાજર જ છે. સહેલીવંદ ગીતા અને સ્વેતલની આ વાત મંત્રમુગ્ધ બનીને સાંભળતી રહી અને આખરે એ દીવસ આવી ગયો જ્યારે ગીતાની સ્વસ્થ કીડનીનું સ્વેતલના શરીરમાં આજે પ્રત્યારોપણ થવાનું હતું. સત્ય, પ્રેમ, અને મૈત્રીનો ત્રીવેણી સંગમ આજે સ્થાઈ રહ્યો હતો. અન્ય સંબંધોમાં કદીક સ્વાર્થ, તો કદીક માંગણી જેવું શુદ્ધ તત્વ ક્ષણભર આવી જાય છે. અતિશય ઔદાર્ય અને માનવતાની મશાલ ગીતાએ બતાવીને સાચી મિત્રતાનું ઉત્તમ ઉદાહરણ પુરું પાડ્યું છે. પૌરાણીક કથાઓમાં સાંભળેલું કે “મિત્ર હોય તો સુદામા જેવો” મને આ અર્વાચીન યુગમાં કહેવાનું ચોકકસ મન થાય છે “મિત્ર હોય તો ગીતા જેવી”

ધન્ય છે ગીતાબેનને

અશીતી વંદના તેમના ત્યાગ પુર્ણ ચરિત્રને

તથા “નૂતન-પગદંડી”નો ઉદાર ચીલો ચાતરવા માટે.

જૈનત્વનું મુળ “જીવદયા” છે.

પોતીકા અંગને દાન કરીને ગીતાબેને જૈનશાસનની ધજા ઉચે ચડાવી છે.

પ્રેક્ષક અને લેખક- ભાવના પ્ર. પારેખ, કોલી, યુકે

🌟 Wisdom Quotes about Forgiveness 🌟

A collection of **inspirational wisdom, sayings and quotes on forgiveness.**

Forgiveness is not about condoning another's hurtful actions, it is about releasing your negative emotions and perceptions about the painful events. Otherwise you keep yourself chained to those events or people - you keep it alive within you - and you carry it with you where-ever you go. It is a very heavy burden to carry around and you end up crippling yourself emotionally, mentally, spiritually and physically.

Holding on to anger, resentment, etc. keeps you in 'victim' mode - powerless. It means you are letting those people who have hurt you in the past dictate who you are in the present moment. You can take your power back by releasing these negative emotions and no longer let them hold sway over your thoughts, feelings and actions.

Only you are responsible for what you do, think and feel. You can choose to hold on to painful events, like a weight around your neck, or you can choose to remove that burden by releasing it (giving it no more emotional energy and therefore power) and living a happier life despite past circumstances. In other words... let the past be in the past, and live in the now moment. You can't change what happened in the past, but you have choice over how you live now.

When you assume responsibility for what you experience
and share what you experience in a spirit of companionship,
that is the same as forgiveness.
When you hold someone responsible for what you experience,
you lose power.

~ Gary Zukav - from "Seat Of The Soul" ~



Fundamentals of Jainism classes held at Vanik Council once a month By Shri Manharbhai Mehta

Manharbhai Mehta, Chairman of Vanik Council is running a foundation course in Jainism. Its title is Fundamentals of Jainism; Atma, Karma and Dharma

It is a 10-session course, each of two hours. Classes are held once a month to suit busy people to spare a few hours each month. Hence it lasts for 10 months each year.

The photos show a session in progress for the 4th batch of participants. Although the contents of the course are same each year, some participants attend again in the following year to revise. Around 20 people register each year

Registration details for the 2019 course are given below. There are no fees for the course.



Fundamentals of Jainism class held by Shri Manharbhai Mehta at Vanik Council



Fundamentals of Jainism

ATMA, KARMA & DHARMA

a 10 session course No fee

Conducted by Manhar Mehta

- Starting: February 2019
- Once a month: Tuesdays or Wednesdays in the middle of the month
- EveningS: 8.00pm to 10.00pm
- Venue: NCVA office 79 Headstone gardens, Harrow HA2 6PJ
- Register with: Manhar Mehta ... manhar.mehta@vanikcouncil.uk

EVENT AT HOUSE OF LORDS ON 12th SEPT 2018

Organized by Lord Gadhia to raise Awareness and support for Organ Donation

In his introduction of the event in House of Parliament, Lord Gadhia introduced the Minister of Health Jackie Doyle-Price and mentioned the importance of Seva and Selfless service in Hindu, Jain and Sikh religion. He thanked all the organizations working in support of organ Donation.



Mr Kirit Modi, who is himself a recipient of kidney donated by his wife Meena, made a presentation outlining the severe problem faced by BME and Asian community awaiting organ donation and the importance of Community Leaders support for this task. Mr. Nemu Chandaria spoke on behalf of the Jain community and the role the Jain Community is playing with the help of Vanik Council and increasing the awareness in the Jain and Hindu community.

Mr. Chirag Bajaria made the presentation on the works of Vanik Council over the last year bringing awareness to many hindu and Jain organizations.

There were presentations from BAPS swaminarayan representative who are very actively supporting the organ donation and have distributed more than 30,000 leaflets at ISCKON mandir at Janmastmi event.



Live and help to live



The health minister Jackie Doyle-Price thanked all the community leaders for their support and pointed out that the Government is now bringing laws to opt out of Organ Donation instead of Opt In. This should bring about lots of benefit to patients awaiting organ donation.

Dr Marina Loucaidou who is a consultant at Hammersmith hospital informed the audience that we, in Britain, are far behind Spain where the ratio of awareness in transplant is higher.

In the audience was Swati Bhagat who works in the NHS and had donated her kidney to her mother. Also in the audience were the parents of Aari a four-year-old boy who died and his parents had no hesitation in donating all his organs and this saved 6 lives.

Mr. Chirag Bajaria, Mr. Natubhai Mehta and Mr. Anil Parekh represented Vanik Council at the event.

